

Abstract

Title: Active lifestyle of seniors

Objectives: The aim of this work is based on the literary analysis determining the design guidelines exercise program for seniors and the establishment of a unit that will include a set of exercises in a selected fit parks and can serve as a tool for instructors or seniors

Method: Work will be theoretical, the primary method of data collection will be a literature research. Data collection will be available from the Czech and foreign literature and internet sources

Results: Ideal activities appears to be activity of aerobic character on which seniors are adapted to them. Among the most widespread belong walking, now also extended Nordic Walking. Furthe there are outdoor exercises in the nature and on special courses - the fit parks, which are ideal places for outdoor recreation. An important role is the economic aspect - exercise should be cheap in order to be viable every day

Keywords: seniors, the old age, physical activity, active lifestyle, active old age, leisure activities, nutrition at the old age, fit park